

Cardamom Coffee Cake/Bread

adapted from post by Gypsy Boy <http://www.lthforum.com/bb/viewtopic.php?f=16&t=22906> who credited Nika Hazelton's The Art of Scandinavian Cooking from 1965

Step 1:

3 cups all purpose flour (recipe will use 6 cups total, plus flour for kneading dough)
3 teaspoons bread machine yeast (½ teaspoon per cup flour)
1 tablespoon granulated sugar
1¼ cups milk
¼ cup water

Mix together dry ingredients in stand mixer using paddle attachment. Heat milk and water to a temperature of 120 - 130° and then add wet mixture to dry ingredients and mix together. Cover and let rise until doubled (**about 60-90 minutes**).*

Step 2:

1 stick (½ cup) room temperature butter
3 egg yolks
½ cup granulated sugar
2 cups all purpose flour
¼ tsp salt
2 - 3 tsp cardamom (my cardamom was not too fresh, so I used 3 tsp)

Punch down the risen dough. Mix in egg yolks and butter in stand mixer using paddle attachment. In a separate bowl, mix together dry ingredients (the sugar, salt, cardamom, and 2 cups of flour). Add slowly to mixer. Switch from paddle attachment to dough hook once dough begins to stiffen.

1 cup flour

*Once dry ingredients have been incorporated, begin to add final (6th) cup of flour. As dough gets stiff, switch from mixer to manual kneading. Knead into the dough until smooth and elastic. Put the dough into a greased bowl (I used olive oil), turning so that the dough is greased on all sides. Cover and let rise until doubled, **another 60-90 minutes**.*

Step 3:

*If desired, add some golden raisins. For 2 large loaves, divide dough in half. For 4 small loaves, divide dough into quarters. Divide each portion into thirds and roll each third into a rope (about 16" long for 2 loaves or 8" long for 4 loaves). Pinch the ropes together at one end, braid, and then pinch together at the other end. Put the braided loaf onto an ungreased cookie sheet and let rise a third time, **about 45-60 minutes**. Freeze extra loaves before final rise. When ready to bake, thaw/let rise overnight in refrigerator.*

Step 4:

*Preheat oven to 375° bake for **20-30 minutes**. If desired, finish by brushing warm loaves with melted butter and sprinkle with cinnamon sugar.*

(Note: original recipe called for brushing loaves with milk prior to baking and sprinkle with a topping made from: 2 tsp cinnamon; 2 Tbs granulated sugar; and ¼ cup chopped walnuts)

**Note: Instructions on my bread machine yeast indicate that liquid should be 120 - 130° if yeast has been mixed in with the dry ingredients. If yeast is added directly to liquid, temperature should be 105 - 115°. Check the temperature instructions on your package.*